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230 charges laid in bust

Police seize $4.5M in drugs over 18-month operation

TRACEY TONG
tracey.tong@metronews.ca

Along with marijuana, police seized $460,000 in goods.

Police have laid 230 charges after breaking up an alleged international drug ring, based in Ottawa, that's accused of smuggling marijuana into the United States and as far as northern Ontario.

The 18-month undercover investigation, called Project Scarecrow, concluded Tuesday with Ottawa police, OPP and RCMP executing 20 search warrants — including 18 in Ottawa — arresting 27 people and laying 230 charges.

While more than $4.5 million worth of drugs, mostly marijuana, was seized over the course of the investigation, police have also seized over $460,000 worth of goods.

The number of arrests combined with the quantity of drugs and goods seized is "significant" for Ottawa Police, said Ottawa Police Insp. Gary Meehan.

"This has essentially eliminated one of the major organized groups," he said.

Police say the alleged drug ring grew and moved hundreds of pounds of marijuana to upstate New York through the Akwesasne Mohawk Territory. Charges laid include conspiracy to produce and traffic controlled substances, possession of controlled substances for the purpose of trafficking, participating in a criminal organization and laundering proceeds of crime.

Meehan said the arrests "very clearly sends out the message that this is not acceptable in the city of Ottawa."

He added police also seized cars and cash believed obtained through the proceeds of crime.

"The link between Cornwall and Akwesasne and Ottawa through this group has been eliminated," Staff-Sgt. Pete Gauthier with the Ottawa Police Drug Unit told reporters yesterday.

Gauthier said while most of the marijuana was destined for the United States, the drugs were also sent to northern Ontario, Toronto and Montreal.

ShareYourViews
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ETIENNE RANGER/FOR METRO OTTAWA

Ottawa Police Supt. Tim Armour speaks at a press conference at the conclusion of a joint services drug investigation entitled Project Scarecrow at the police headquarters yesterday.

Allegations rack up in sex ring case

PROSTITUTION A Gatineau woman accused of being involved in a sex ring that forced teenaged girls into prostitution now faces more charges.

Ottawa police have charged a 28-year-old woman with 11 prostitution-related offences in Ottawa relating to four female victims under 20 years old and as young as 15. The incidents occurred between October 2007 and July 2008.

Laura Emerson faces two counts of living off the avails of prostitution of a person under 18; attempting to procure a person under 18 for the purpose of prostitution; procuring a person under 18 for the purpose of prostitution; three counts of exercise control; living off the avails of prostitution and uttering threats.

The suspect also faces two counts of extortion relating to an adult male victim who wanted to assist two female victims to leave her control.

Emerson is being held in custody in Quebec. She will appear in Ottawa court at an undetermined date.

TRACEY TONG/METRO OTTAWA

World page 5

Obama wins official nod

Food page 11

Try rapini for a bitter treat

Two suspects sought in pair of armed robberies

CRIME Police are eyeing the same two suspects in armed robberies at two west-end Mac's Milk convenience stores early yesterday.

In both robberies, there were two suspects, one armed with a revolver-style handgun and the other brandishing a knife.

The first robbery occurred around 1 a.m. at the Mac's Milk at 418 Moodie Dr. and the second shortly before 4 a.m. at the Mac's Milk at 1025 Merivale Rd.

The suspects made off with cash and cigarettes.

There were no injuries.

One suspect is described as a white male, roughly 24 years old, five-foot-seven with a medium build and a pockmarked complexion. He was wearing a white hoodie with dark coloured spots and light-coloured Capri-style pants. The second is described as a black male, roughly 24 years old, five-foot-eight with a medium build. He was wearing a khaki or brown hoodie and a baseball cap.

Anyone with information can call Ottawa police at 613-236-1222, extension 5116 or Crime Stoppers at 613-233-8477 (TIPS).

TRACEY TONG/METRO OTTAWA

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Bus gets hot under the hood
An engine fire kept an OC Transpo bus on Elgin Street longer than expected yesterday afternoon. Firefighters arrived in front of 253 Elgin Street at 2:23 p.m., where they found a bus on fire. Firefighters got the flames under control within half an hour. There were no injuries. METRO OTTAWA

Ottawa

Robbery suspect sought

Police yesterday released photos of a suspect believed to be responsible for two gas station robberies in May and June. The suspect is a white male, between 18 and 22 years old, 5'8" to 5'10" tall with a slim build. He was wearing a blue New York Mets baseball cap, grey pants with a blue stripe down the leg and a beige jacket. Call the robbery unit at 613-236-1222, extension 5192 or 5191, or Crime Stoppers at 613-233-8477 (TIPS) with information. OTTAWA POLICE

Smartcards on track with funding

TRACEY TONG
tracey.tong@metronews.ca

Imagine a world where there's no more fumbling with change or bus tickets or waiting in line for a monthly bus pass.

Sounds like transit utopia for riders here in Ottawa. But in just a couple of years, it will be reality as the city took one more step yesterday towards getting Smartcard technology in the Nation's Capital.

City and provincial officials announced joint funding today for a new $21-million Smartcard fare system for Ottawa's transit riders at city hall yesterday.

With the city's contribution of $14 million already earmarked by council, Ontario's Minister of Municipal Affairs and Housing Jim Watson announced an additional $7 million for the project here.

ETIENNE RANGER/FOR METRO OTTAWA

Ottawa Mayor Larry O'Brien flashes the new Smartcard, which hits OC Transpo starting in 2010. The cards offer easy access to and hassle-free transfers between OC Transpo and STO buses.

The Smartcard, which will be implemented in 2010, will allow transit riders to ditch their passes in favour of contact-free Smartcards, which riders will wave at a card reader as they board the bus, O-Train and future rail lines, and eventually transit systems in other cities, including Toronto's GO Transit system and the TTC.

The cards will also offer "seamless transfer" between the STO, which has had a Smartcard system since 1998, and OC Transpo, said Director of Transit Services Alain Mercier.

Smartcards also mean faster boarding and offer protection from loss and, by eliminating the use of paper transfers, are environmentally friendly.

While regular transit users will be able to configure their cards to any period pass, casual riders will be able to load money onto the cards and have the fares deducted. Customers can top up their cards online, over the phone, or through pre-authorized debit payment.

If Gatineau is any indication, Smartcards will be a success here.

Eighty per cent of STO riders have a Smartcard, said STO chairman Patrice Martin.

News in brief

YOUTH IN POLICING Shannon Martin-Watson had never considered becoming a police officer. "Now policing has become one of my options," said the 16-year-old yesterday after graduating from the eight-week Youth in Policing Initiative. That's one of many reasons the program expanded from seven students, aged 14 to 17, last year to 15 this year, said coordinator Special Const. Floyd Hutchinson. "Women don't often think about policing as a career," he said.

BANK ROBBERIES Police have charged Glen Kersey, 52, of Ottawa in relation to four bank robberies in the downtown area. The incidents occurred at the TD Bank on Elgin Street on June 24 and August 13; the TD Bank on Scott Street on August 19 and the Bank of Nova Scotia on Elgin Street on Tuesday.

COLLISION A 43-year-old male cyclist suffered serious head injuries after being struck by a vehicle yesterday morning at the intersection of Holland Avenue and Sherwood Drive. He remains in serious but stable condition. Police are investigating the collision. METRO OTTAWA

Program gives youth valuable job experience

KATHRYN YOUNG
for Metro Ottawa

Success story

- About 230 youth began the program this summer, and 191 completed it, although some were not at yesterday's ceremony because they were working.

Dozens of Ottawa teenagers from underprivileged backgrounds crossed the stage to receive graduation certificates yesterday after completing a summer program that gave them valuable employment skills and job experience.

"These kids are from areas where there's a high degree of poverty," said Carl Sullivan, program director at the Youth Services Bureau of Ottawa, which ran the Summer Jobs for Youth program.

Ontario's three-year $28.5 million program helps young people ages 15 to 18 gain confidence by developing job skills, such as resumé preparation, interviewing skills, setting up bank accounts, obtaining Social Insurance Numbers and how to conduct themselves on the job.

Then they work for six weeks in a variety of fields. Many of the 88 employers who participated this year will offer them part-time jobs once they return to school, Sullivan said.

Campaign seeks on-site safety

KATHRYN YOUNG
for Metro Ottawa

Two deaths on Ottawa construction sites so far this year are two deaths too many, Ontario Labour Minister Brad Duguid said yesterday after touring three sites to highlight his ministry's goal of reducing Ontario workplace injuries and fatalities to zero.

The Safe at Work Ontario campaign, launched in June, includes month-long blitzes by health and safety inspectors who issue fines and stop-work orders as well as examine health and safety training programs. During the August blitz, demolition and rebuild sites got the inspectors' attention.

Workplace injuries dropped 20 per cent over the past four years, down to about 250,000 last year. At the same time, the number of inspectors has doubled, and the province now employs about 430 full-time inspectors. But there is still much more work to be done, Duguid said.

"Safe workers get to come home to their families."
union organizer Kevin Cameron

Last year, 100 Ontario workers died from work-related injuries, down from 122 in 2003.

"We can get those fatalities down to zero one day," Duguid said, although he sidestepped the question of when that day would come.

Training and inspections are key to reducing injuries, said Kevin Cameron, an organizer with the local carpenters' union who accompanied Duguid and Ottawa-Orleans MPP Phil McNeely on their tour of the new Orleans arts centre, a residential seniors building and the Ottawa Hospital expansion.

"Safe workers get to come home to their families," Cameron said.

Duguid said young workers are four times more likely than experienced workers to be injured during their first six months on the job.

The direct cost of workplace injuries averaged $21,300 per worker in 2007 and indirect costs, which includes lost productivity, was $85,200.

metronews.ca
What's online today.

Read Billy's Best Bottles for a primer on little-known white wines from Alsace
Watch a report on successful missions to destroy IEDs in Afghanistan and the CEO of Maple Leaf Foods absolving regulatory authorities for the listeriosis outbreak

Lotteries

Lotto 6/49	2, 12, 25, 28, 35 & 48 Bonus 3
Ontario 49	1, 11, 22, 27, 29 & 42 Bonus 16
Ontario Pick 3	0 2 2
Ontario Pick 4	0 2 8 0
Encore	8727768
Daily Keno	3, 6, 10, 12, 14, 17, 22, 25, 40, 43, 45, 48, 49, 52, 55, 57, 59, 61, 64, 67

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Montreal protests over cuts to the arts

Hundreds of people gathered in downtown Montreal yesterday to protest government cuts to arts and culture programs. Artists, singers, actors, writers and politicians spoke out against some $48.5 million in funding cuts announced by the Conservative government earlier this summer. REUTERS

Canada

"To find a large tylosaur like this, it's pretty rare."

Anita Janzic from the Canadian Fossil Discovery Centre speaking about the discovery of a fossilized 11-metre-long, 80-million-year-old ancient sea creature in Manitoba.

Big find

A public dig organized by the Canadian Fossil Discovery Centre has turned up the biggest fossil find in Manitoba in nearly 30 years.

SOURCE: CBC NEWS ONLINE

Election appears inevitable

CANCELLED TRIP Prime Minister Stephen Harper gave fresh signs yesterday of triggering a general election soon.

Governor General Michaëlle Jean, who would formally be responsible for any election call, was asked to cancel her trip to China to represent Canada on Sept. 6 at the Paralympic Games in Beijing.

"It is recommended that it is prudent for the governor-general to be in the country given the current political climate," Harper's press secretary, said.

The soonest a general election could be held is Oct. 14. REUTERS

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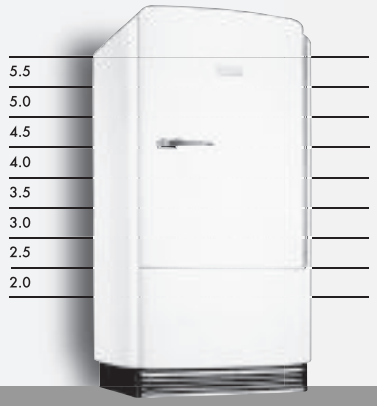

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Crane derails Calgary train

Six people including a child sent to hospital in accident

NEIL MACKINNON
Metro Canada

A collision between a stationary crane and a southbound Calgary C-Train sent six people to hospital with minor injuries, including a child.

The crane's boom cracked the cap of the train right down the centre yesterday derailing it while smashing the windshield onto the driver, who was later removed from the train on a spinal board as a precautionary measure, said Calgary EMS' Stuart Brideaux.

Sebastien Gariepy, 27, felt a massive jolt that popped him up off his seat as the passengers screamed and he went to the driver's cab, pulling what was left of the windshield off the unconscious man. "I'm still shaking a little bit from it, it was quite the experience."

ROBIN KUNISKI FOR METRO CALGARY

A miscommunication appears to have caused a mobile crane to hit a light rail transit train in northwest Calgary yesterday, injuring six people and snarling traffic in the area.

Calgary police blamed miscommunication for the crash. The crane company said they would conduct their own investigation into the reason for the crash.

OnlineVideos
metronews.ca

News in brief

REAL ESTATE FRAUD Two Vancouver men have been arrested and charged following complaints of fraudulent real estate transactions totalling more than $30 million, police said.

LIBRARIAN JAILED The former top librarian of a rural Saskatchewan library system will be going to jail over a massive book-buying fraud. Library officials and the Crown said Bruce David Cameron took $1 million over a 14-year period through a sophisticated scam.

CALGARY GANG BUST Fourteen people have been arrested after a year-long investigation into the criminal activities of a violent gang, Calgary police announced yesterday. Investigators seized proceeds of crime, including four homes and and 16 vehicles with a combined value of about $2.6 million. METRO CANADA

Maple Leaf takes blame for listeriosis outbreak

HEALTH Maple Leaf Foods Inc's chief executive said yesterday his company was fully accountable for an outbreak of listeriosis food poisoning, which has been linked to the deaths of 15 people in Canada.

Michael McCain said food regulators or regulations were not to blame for the outbreak, saying there were "excellent" systems and processes in place.

"The buck stops right here," he said.

"We have excellent systems and process in place but this week it's our best efforts that failed — not the regulators, not the Canadian food safety system," he said.

Samples of two Maple Leaf deli meats tested positive for the same strain of listeria bacteria that has made dozens of Canadians sick, including 15 people who have since died. The company, which faces a series of class action suits, has recalled all products made at the plant as a precaution. REUTERS

Michael McCain

OnlineVideos
metronews.ca

Arctic claims expanded by 100 miles

SOVEREIGNTY Canada, pushing its claims of Arctic sovereignty, said yesterday it would toughen reporting requirements for ships entering its waters in the Far North, where some of those territorial claims are disputed by other countries.

Canada will change its rules to extend its environmental regulatory jurisdiction over ships in Arctic waters to 200 nautical miles from its coast from the current 100. REUTERS

ships

Non-Canadian ships entering the waters will now be required to report that they have done so.

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Brain chemical may be linked to obesity, study says
Researchers studying people with a rare genetic disorder have identified a brain chemical that may play a role in appetite and obesity, a finding they say could lead to new drugs to help some obese people. REUTERS

World/Business

It's official: Dems nominate Obama

To shouts of "Yes we can," Democrats nominated Barack Obama yesterday as their presidential candidate.

Former President Bill Clinton, who has been slow to warm to Obama after his wife's loss in a bruising primary battle, gave Obama his approval in his address to the Democratic convention.

"I say to you: Barack Obama is ready to lead America and to restore American leadership in the world," Clinton said.

Earlier, in an emotional moment of unity, Sen. Hillary Clinton strode onto the floor of the party's national convention during a roll call of the states and formally asked Democratic delegates to suspend their count and approve Obama's nomination by acclamation.

"With eyes firmly fixed on the future, in the spirit of unity ... let's declare together in one voice right here, right now, that Barack Obama is our candidate and he will be our president," she said.

"Obama is our candidate, and he will be our president."
Sen. Hillary Clinton

Her request was quickly accepted by the presiding official, House of Representatives Speaker Nancy Pelosi of California.

When Pelosi pounded a gavel to declare Obama the nominee, delegates held hands together up high to the song Love Train.

Obama's running mate, Sen. Joe Biden, formally accepted the vice-presidential nomination later in the evening, and hailed Obama as a wise leader who will steer the country out of the Iraq war. REUTERS

Thailand **Royalist protests**

REUTERS/SUKREE SUKPLANG

A member of the People's Alliance for Democracy waves a Thai flag at the Prime Minister's compound in Bangkok yesterday. Thousands of royalist protesters stormed the compound, calling for the demise of the elected government.

Gustav kills 23, heads for Gulf

HAITI Tropical Storm Gustav left Haiti and the Dominican Republic after killing 23 people yesterday, and threatened to make for New Orleans and Gulf of Mexico oil fields. Gustav was projected to hit the U.S. coast around Monday. New Orleans is on alert, and evacuations could begin as early as Friday. The storm lingered for a day near Haiti, where heavy rains often cause disastrous mudslides. Gustav's rains, predicted to total up to 62 cm in some areas, killed at least eight people in the Dominican Republic and 15 in Haiti, officials said. Among the dead in Haiti were at least three killed in a mudslide and another person hit by a falling tree. REUTERS

News in brief

ISRAEL Scientists are taking digital photographs of the Dead Sea Scrolls, the oldest known copies of the Hebrew bible, with the aim of making the 2,000-year-old documents available online. The project will take more than two years to complete, the IsraelAntiquities Authority said. REUTERS

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Business

Quebec should share its wealth of 'blue gold': Report

WATER A Montreal think tank is urging Canada to dip its toe in the water exporting business. "Large-scale exports of fresh water would be a wealth-creating idea for Quebec and for Canada as a whole," Montreal Economist Institute economist Marcel Boyer writes in a report released today.

The report proposes that the provincial and federal government set out a framework with a "realistic" fee structure that would give consumers and users incentives to use the resource responsibly.

Quebec lays claim to 3 per cent of the planet's fresh water, giving it 13 times more renewable fresh water per person than the United States. The report states that Quebec is using only 0.5 per cent of its available renewable fresh water compared to the 19 per cent used in the U.S. TORSTAR NEWS SERVICES

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In **brief**

CIBC Canadian Imperial Bank of Commerce reported $885 million in charges on structured investments yesterday as it recorded its first profit in three quarters, pushing its shares up 5 percent. The bank reported a 91 percent drop in third-quarter profit.

OIL Enbridge Inc said yesterday construction has begun on the Canadian portion of the Alberta Clipper expansion. When the Alberta and Saskatchewan sections are complete, the line will be able to transport 800,000 barrels of crude per day when running at full capacity. REUTERS

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• Wedding Planning Seminars 11:30 & 2:30
• Super Gown Sale
www.OttawaWeddingShow.com

Red Sox trade for outfield depth

The Boston Red Sox bolstered their outfield yesterday by landing veteran Mark Kotsay from the Atlanta Braves in exchange for minor league outfielder Luis Sumoza. The 32-year-old Kotsay was hitting .289 with six home runs and 37 RBI in 88 games with Atlanta this season. METRO NEWS SERVICES

Sports

Merriman to play despite injury

Linebacker Shawne Merriman, left, told the San Diego Chargers yesterday that he has elected not to undergo surgery on his injured left knee, and instead will try to play this season despite reportedly having two torn ligaments. According to a story in the San Diego Union-Tribune yesterday, Merriman faces the possibility of career-threatening injury if he tries to play without surgery. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Favourites advance

Second seed Jelena Jankovic and former champion Svetlana Kuznetsova had to work much harder than expected to shake off their opponents in the second round of the U.S. Open yesterday.

Serb Jankovic squandered a match point in the second set before scraping past Swede Sofia Arvidsson 6-3, 6-7, 7-5 and Russian Kuznetsova overcame a slow start to beat Romanian teenager Sorana Cirstea 7-6, 6-1.

Olympic champion Elena Dementieva, however, had no complaints about not playing to her potential after completing a 6-2, 6-1 demolition of Pauline Parmentier of France.

Eighth-seeded Vera Zvonareva became the latest casualty at the final grand slam event of the year, losing 6-3, 6-3 to Tatiana Perebiynis of Ukraine.

Serbian third seed Novak Djokovic survived an injury scare before beating Frenchman Arnaud Clement 6-3, 6-3, 6-4 in the first round of the men's event.

Fifth-seeded Russian Nikolay Davydenko made even smoother progress, charging into the second round with a comfortable 6-3, 6-3, 6-3 win over Israel's Dudi Sela.

Lindsay Davenport needed to rely on her greater wealth of experience to steer past Russian teenager Alisa Kleybanova 7-5, 6-3 in the second round.

Frank Dancevic of Niagara Falls, Ont., lost to 18th-seeded Nicolas Almagro of Spain 6-3, 6-4, 7-5.

REUTERS

KEVIN LAMARQUE/REUTERS

Jelena Jankovic of Serbia defeated Sofia Arvidsson of Sweden 6-3, 6-7, 7-5 to advance to the third round at the U.S. Open tennis tournament in Flushing Meadows, N.Y., yesterday.

Sports in brief

NHL Joe Sakic has decided to play at least one more season and yesterday re-signed with the Colorado Avalanche.

NHL The San Jose Sharks signed defenseman Marc-Edouard Vlasic to a four-year contract extension, the team announced yesterday.

Vlasic

NBA Golden State Warriors guard Monta Ellis underwent successful surgery yesterday to repair a torn deltoid ligament in his left ankle and will be sidelined a minimum of three-plus months.

NFL Defensive end Derrick Harvey ended his 33-day holdout on Wednesday, and has agreed to a deal with the Jacksonville Jaguars that could reportedly be worth more than $33 million.

METRO NEWS SERVICES

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Tampa Bay 1 Toronto 0
Baltimore 11 Chicago White Sox 3
Boston 11 N.Y. Yankees 3
Cleveland 9 Detroit 7
Minnesota 6 Seattle 5
Texas 3 Kansas City 2
Oakland at L.A. Angels

NATIONAL LEAGUE
Chicago Cubs 2 Pittsburgh 0
Florida 4 Atlanta 1
Houston 4 Cincinnati 1
N.Y. Mets 6 Philadelphia 3
San Diego 5 Arizona 4
Washington 5 L.A. Dodgers 4
Milwaukee at St. Louis
Colorado at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE
Boston at N.Y. Yankees, 1:05
Toronto at Tampa Bay, 7:10
Minnesota at Oakland, 10:05
Texas at L.A. Angels, 10:05

NATIONAL LEAGUE
Cincinnati at Houston, 2:05
Florida at Atlanta, 7:10
L.A. Dodgers at Washington, 7:10
Philadelphia at Chicago Cubs, 8:05

CFL

WEEK 10

TOMORROW'S GAME
B.C. at Montreal, 7:30

SUNDAY'S GAME
Winnipeg at Saskatchewan, 3

MONDAY'S GAMES
Edmonton at Calgary, 4
Toronto at Hamilton, 7:30

BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:

LAST NIGHT'S RESULT
Brockton 4 **OTTAWA** 2

TONIGHT'S GAME
OTTAWA at Brockton, 7:05

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Metro Homes

Counter tops

Forget about laminate. Sure, it's cheap, but it doesn't stand up well to every day use and will look dated and tired long before its time. Splurge on granite or sealed concrete, which will look gorgeous and last for years with the proper care. An added bonus: a good countertop is an excellent selling feature! HGTV.CA

Student housing can have style

Avoid utilitarianism and use some flair and creativity in decorating your dorm

ArrestingDesign

It's that time of year again — university and college-bound students will soon be arriving in university towns all across the country. But instead of taking a strictly utilitarian approach to furnishing student housing, why not take several days to decorate with flair and creativity? We know you'll appreciate the effort come those days and nights of studying, assignments and essays.

First of all, new paint is always a crowd pleaser. It is relatively inexpensive, hides dirt and wear and gives a new zip to a well-worn space. Calming and muted colours such as sage or a creamy beige may be best to encourage good study habits, but dramatic colours can be fun too. You can limit a dramatic shade to one wall, as too much colour in a small space may be claustrophobic. Whatever you do, paint a small sample on the wall before you commit to the colour — we've discovered that shades and hues sometimes does not turn out as expected.

The LACK floating shelves (at right) and LACK low storage bench (at rear) from IKEA.

And speaking of paint, here is an awesome way to make it do double duty: Look into chalk paint, which now comes in 10 colours including the black and green traditionally used for blackboards.

You can paint the inside panels of a door so that messages can be chalked onto your door, or a wall in the kitchen for shopping lists or for listing kitchen duties, for example.

Here's another opportunity to make a wall more versatile — you can use magnetic latex primer under your paint to make your wall into a huge magnetic board. The primer is black but several layers of paint in any colour will cover it.

If the owner of the space allows it, you may even wallpaper one wall in a dramatic pattern. Or purchase small squares of interesting wallpaper and frame it as you would frame a picture.

The Home Depot even carries wallpaper made of FSC (Forest Stewardship Council) approved wood.

We also love some of the large-scale wall decals, such as huge 4-foot-high flowers—they can add pizzazz to an otherwise uninteresting space. Check out the Blik brand-name for these.

They are great because they can be peeled off and reapplied in another location.

The SLATTHULT Japanese birch wall decal from IKEA is an easy solution to decorating in temporary spaces. The self-adhesive decals are easy to put up and take down.

Don't forget that fabrics are strong design elements.

For stylish storage in a small space, consider a cubed wall divider. These can also serve as a room divider, adding flexibility to the room. When space is tight, attractive floating shelves or cubes are functional and keep valuable floor space open at the same time. But don't allow these lovely shelves to become overstuffed; tidy them when needed to keep them "architectural" looking. Rugs add comfort and the feeling of home to a space, so they are especially important to the student away from home for the first time. Here, coordinating colour is important — either design the colour scheme with the rug in mind, or invest in a modestly priced new one.

Finally, don't forget that fabrics are strong design elements. On a bed, consider investing in coordinated bright new linens with matching pillows. For draperies, curtains or blinds, strive to coordinate these with each other and other colours in the room rather than using a mish-mash of patterns and colours. If you must drape old furniture with fabrics, make sure these are pretty and match with the colour scheme as well.

With a little extra effort, you'll have such stylish student housing that you'll actually look forward to studying.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network.

Get Beer Deals by SMS. T

Top lighting tips for your home

Keep it simple to make your rooms pop

InteriorDivine

It's basic decorating principal: Good lighting will make or break your scheme – FACT! Set a confident illuminated mood and you'll instantly pop the rest of your plans to life. Set mood incorrectly, however, and you'll forever languish in under- or over-lit spaces that will comprehensively undermine your efforts elsewhere.

And the best news? Lighting your home is not the difficult science that some designers tell you it is. We prefer to keep things fuss-free as we set tone and atmosphere. Yup, if you follow our tips you'll be home and dry!

Dimmer switch

Sometimes the smallest changes can make the biggest difference; add a $20 dimmer switch to create flexible mood control at the twist of a button.

Combo lighting

Don't expect a centre pendant to provide sufficient illumination. The best-lit rooms are served by a combo of overhead and side lighting.

Hallway dressing

Hallways look wonderful when dressed with long slim consol tables propped on either end, with attractive lamps that compliment overall décor. Position a mirror between to bounce light even further.

Do a little shopping

Stores such as Ikea, HomeSense, Zellers and Home Outfitters now stock a surprisingly "of the moment" selection of bright ideas. When was the last time you popped by?

Lighting your home is not the difficult science that some designers tell you it is. We prefer to keep things fuss-free as we set tone and atmosphere.

Lighting pools

To create atmospheric lighting pools, position discreet lamps behind sofas and chairs but ensure that fabrics don't get too near light bulbs to avoid heat build up and fire risk.

Task lighting

Under-cabinet kitchen "task" lighting is a great way of providing extra illumination when preparing food, but also looks great at night as mood lighting when overhead options are switched off.

Pot lights

In rooms with low ceilings keep pendant fixtures OUT and pot lights IN! Opt for "dangle-free" slick pot lights or ceiling tracks that don't interfere with eye lines.

Scented candles

Scented candles are often overlooked as a means by which to provide illumination and olfactory atmosphere — but we use them everywhere! A host of flickering flames will add dinner party drama - or a sexy mood for nights in — but always remember to be safe. Never leave your twinkling lovelies unattended and make sure that flames aren't allowed to come into contact with curtains or other fabrics.

So there you have it — lighting really is that simple! Just one last thing … don't forget our favourite source of quality bargains: Online auction sites, particularly EBay! Settle down in front of your computer and surf yourself into an absolute state of illuminated designer frenzy. No longer simply a list of private ads for far-off bargains, EBay now carries a host of virtual retailers who have chopped their pricing structures seriously lean to tempt your dollars. Often as much as 25 to 45 per cent less than typical high-street prices, you are sure to feel thoroughly switched on by what's on offer. See you next week!

Colin McAllister and Justin Ryan are the hosts of HGTV's Colin & Justin's Home Heist and authors of Colin & Justin's Home Heist Style Guide.

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FABRIZIO BENSCH/REUTERS

Technicians mount a new generation of OLED TV screen on the Samsung exhibition stand at Berlin's International Funkaustellung (IFA) consumer electronics fair. The IFA is the world's largest consumer electronics exhibit.

Tech fair welcomes household goods

Organizers moving with the times to meet demand for home appliances

More than 60 years after its debut, one of the world's oldest consumer electronics fairs is venturing into new territory this week by making room to showcase washers, dryers, stoves and other household appliances.

At the International Funkaustellung (IFA) consumer electronics fair in Berlin. where former German chancellor Willy Brandt turned on the world's first colour TV in 1967, television sets remain a major attraction, but they may come built into a refrigerator.

Organisers of the fair say they are moving with the times as retail chains selling electronics replace specialist retailers and companies such as Philips, Samsung and LG no longer limit their products to electronic entertainment.

"By integrating the electrical home appliances industry, we expect consumer lifestyle products from both industries to become more popular, and international trade visitors ... to express even keener interest," said Rainer Hecker, chairman of the GFU group that organises the IFA.

World demand for major households appliances – so-called white goods – is set to grow 3.1 per cent annually through 2011, according to a study by U.S. market research firm the Freedonia Group.

"By integrating the electrical home appliances industry, we expect consumer lifestyle products from both industries to become more popular."
Rainer Hecker

Demand will be driven by consumers looking to replace broken appliances and trade up for newer models like more energy efficient types, the study said.

But developers are also trying to use technology to make domestic appliances even more useful, such as a dryer that includes an ironing function or a washing machine that can be turned on via the Internet.

"Among the 10 most important electrical devices for everyday use, five belong to consumer electronics and the other five belong to domestic appliances," said Christian Goeke, chief operating officer of the Berlin Fair.

Popular among German consumers are hot beverage makers such as espresso machines, which have seen an impressive double-digit growth in the first half of 2008, as well as curling irons and styling wands, market research group GfK said.

The Euro 2008 soccer championships drove up second-quarter sales in Germany of LCD TVs to 2.3 billion euros, and GfK predicts the upward trend will continue.

Global revenue for LCD TVs will grow nearly 28 percent this year, resulting in more than 100 million units sold worldwide, GfK said.

Worldwide revenue for consumer electronics is expected to keep growing to nearly 10 per cent this year, hitting the $700 billion mark by 2009, according to data from the Consumer Electronics Association (CEA) and the GfK Group. REUTERS

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Must be legal drinking age.

iPhone launches in India minus hysteria of the West

Apple's hugely popular 3G iPhone made its debut in India last week, but with a price tag of $700, there was none of the mass hysteria that marked its launch in the United States, Europe and parts of Asia last month. METRO NEWS SERVICES

Tech Now

Free mags

Mygazines was the world's first free website offering hundreds of magazines to a community of users.

SOURCE: MYGAZINES

Mag site's future in jeopardy?

Legal battle likely for website that offers magazine sharing, storing

Less than one month ago, a website popped up offering consumers a free look at hundreds of magazines, from Time to National Inquirer, from Men's Health to Umm and Cosmo.

Every magazine on the site is in full digital colour and on this social networking site members are encouraged to read, archive and upload magazine content. It's all free … but the lawyers are circling.

The company that launched the site said in a news release it had "full intentions to work with the industry, with the aim of fortifying the future of all those … supported by … magazines." Also, "they wanted to eliminate "the effects of conglomerates merging and controlling consumers' choice."

However with no attention paid to copyright, no request for permission, no payments for content, the management at several magazines said they're considering their legal options.

"Magazines are struggling to retain an audience that increasingly doesn't want to read paper content but rather online content."

The magazine's release says it's based in The Valley on the British island of Anguilla in the Caribbean. The island has no legal agreement with the U.S. allowing for legal action to shut down the site. In addition, CNet reports the site is hosted by a server firm in Sweden with links to the world's largest copyright-busting website Pirate Bay, which helps people to swap movies without regard to copyright. The Associated Press says the owner of the domain name is John Smith of Salveo Limited. Salveo of London, England says they have nothing to do with the project. After several days my e-mail questions to Mygazines remain unanswered.

On Monday of this week the site was down, but by yesterday, it was back up with no changes, no explanations. So, who knows what you may find if you try the site.

Magazines are struggling to retain an audience that increasingly doesn't want to read paper content but rather, online content.

Like the music and movie industries, magazines will have to deal with the Internet impact and like the other industries it looks like magazines may try to find legal clout to shut down those who choose to ignore copyright rules.

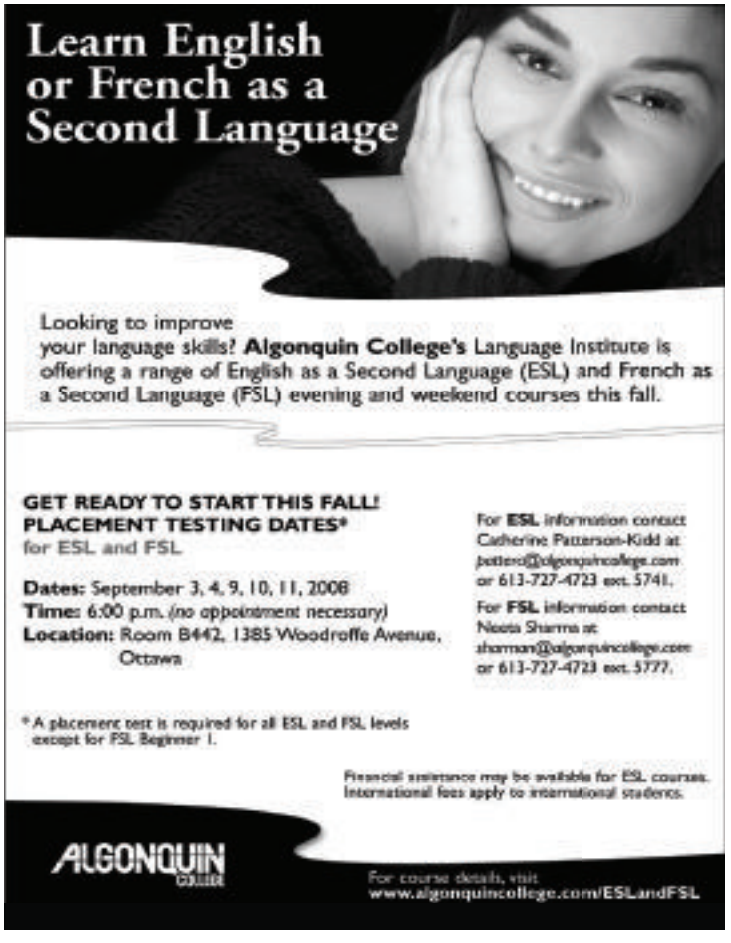
PAUL'S WEBSITE OF THE WEEK:

Thevirtuallab.org

Aimed at helping teachers keep students interested in science and math. It's an effort of five universities and two colleges in Eastern Ontario.

- This Sunday one of the stories on Tech Now will be a look at the Ottawa-based technology tracking the vanishing ice of our far north.
- And don't forget to check our website ctvottawa.ca.

Be sure to watch Tech Now this Sunday as part of the CTV NEWS at 6 p.m.

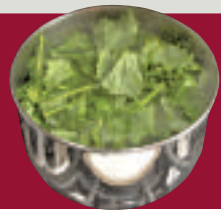

Learn English or French as a Second Language
Looking to improve your language skills? Algonquin College's Language Institute is offering a range of English as a Second Language (ESL) and French as a Second Language (FSL) evening and weekend courses this fall.
GET READY TO START THIS FALL!
PLACEMENT TESTING DATES*
for ESL and FSL
Dates: September 3, 4, 9, 10, 11, 2008
Time: 6:00 p.m. (no appointment necessary)
Location: Room B442, 1385 Woodroffe Avenue, Ottawa
For ESL information contact Catherine Patterson-Kidd at pattercl@algonquincollege.com or 613-727-4723 ext. 5741.
For FSL information contact Neeta Sharma at sharman@algonquincollege.com or 613-727-4723 ext. 5777.
* A placement test is required for all ESL and FSL levels except for FSL Beginner 1.
Financial assistance may be available for ESL courses. International fees apply to international students.
ALGONQUIN COLLEGE
For course details, visit www.algonquincollege.com/ESLandFSL

Body benefits
Rapini is a very good source of fibre, protein, vitamins A, C, E & K, thiamin, riboflavin, niacin, vitamin B6, folate, calcium and iron. METRO NEWS SERVICES

Food

"Rapini can be sautéed, braised, steamed, stir-fried or microwaved."

Barb Holland/for Metro Canada



Cooking

Rapini needs only 2 to 6 minutes of cooking. Don't overcook — you want crisp, green rapini.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Cabbage's curly, cute cousin

À la carte

Barb Holland
Metro Food Writer

I was introduced to rapini by cookbook author and colleague Emily Richards, best known as one of the hosts of Canadian Living Cooks, on the Food Network. Emily was demonstrating a recipe from her cookbook, Italian Express (HarperCollins Publishers). She blanched a bunch of rapini, then chopped it and added it to a frittata. I was hooked on its bitter and mustardy flavour. Also known as broccoli rabe, broccoli raab or broccoli di rape, this vegetable does look a little like broccoli with its edible stems, dark green leaves and small bud clusters. Much loved by the Italians, it is a member of the cabbage family, hence the somewhat pungent flavour. After blanching, it is often sautéed in olive oil with garlic, or tossed with pasta such as this recipe.

Rapini with Pasta and Tomatoes

You can shortcut the big pot of boiling water by cooking rapini quickly in the microwave. If you can find cans of cherry tomatoes, stock up on them; their sweetness help to balance the rapini a bit. Serve with crusty bread. Makes 4 servings.

INGREDIENTS:

- 8 oz (250 g) penne or rotini pasta, about 3 cups (750 mL)
- 1 bunch rapini
- 2 tbsp (30 mL) olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 14 oz (398 mL) can cherry tomatoes or a 19 oz (540 mL) can chunky pasta tomatoes
- 1/2 tsp (2 mL) red pepper flakes, optional
- 1/2 cup (125 mL) freshly grated Parmesan cheese, more to pass at table
- Salt and pepper

METHOD:

In a large pot of boiling, salted water, cook pasta until al dente. Drain and return pasta to pot to keep warm.

Rapini does look a little like broccoli with its edible stems, dark green leaves and small bud clusters.

Meanwhile, rinse rapini and trim 1-inch (2.5 cm) off stem ends (compost). Chop rapini into 1-inch (2.5 cm) lengths. Place in a large microwave bowl, add ¼ cup (60 mL) water, cover and microwave 5 to 6 minutes, or until bright green and still quite crisp (don't overcook). Stir during cooking. Drain well. (Alternately blanch the rapini in the pasta water before cooking pasta. After adding rapini, bring back to a boil, then scoop rapini out and drain. Cook pasta.)

In a large skillet, heat oil over medium heat. Add onion and garlic and sauté a few minutes to soften. Add tomatoes (with liquid) and red pepper flakes. Cook until mixture come to a boil, reduce heat and simmer a few minutes. Stir in rapini and cook until heated through. Toss with pasta and cheese. Season to taste with salt and pepper and pass additional cheese.

When you google 'great food'

In a cutting edge cookbook for the Internet generation, Google's legendary founding superchef, Charlie Ayers, tells you everything you need to know about the newest nutrition buzzword: Brain food. Raw, organic, and fermented is Ayer's mantra, which is reflected in more than 90 easy-to-prepare recipes. DK Publishing offered Metro this recipe from Food 2.0: Secrets From The Chef Who Fed Google:

Coconut-Oatmeal bars with Chocolate Chips

Pack these in your bag and eat them on the way to work.

INGREDIENTS:

- 60g (2oz) unbleached plain flour
- 1/4 tsp baking powder
- 1/4 tsp fine sea salt
- 115g (4oz) rolled oats
- 115g (4oz) unrefined light brown sugar, lightly packed
- 60g (2oz) dried, unsweetened, dessicated coconut
- 60g (2oz) bittersweet or semisweet chocolate chips
- 85g (3oz) unsalted butter, melted and cooled to room temperature
- 1 large egg, lightly beaten
- 1/4 tsp natural vanilla extract

METHOD:

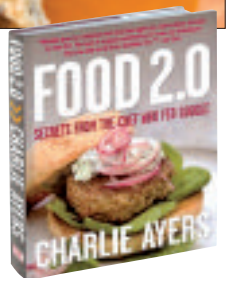
Preheat the oven to 180°C (350°F/Gas 4). Lightly oil an 8in (20cm) square baking tin and set aside.

Sift the flour, baking powder, and salt into a mixing bowl. Stir in the oats, brown sugar, coconut, and chocolate chips. Stir together the melted butter, egg, and vanilla, then add to the flour mixture and stir just until blended.

Avoid mixing more than needed. Transfer to the prepared pan and level the surface.

Bake until slightly risen, golden, and just firm to the touch, about 25 minutes. Put the tin on a rack and let cool before cutting into triangular or rectangular bars or squares.

PHOTO COURTESY OF DK PUBLISHING



This recipe is from Food 2.0: Secrets From The Chef Who Fed Google, available in hardcover from Amazon.ca for $17.64.

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Haute couture in Sierra Leone

Adama Kai, a fashion designer trained in New York and Paris, recently organized a photo-shoot in Aschobi, Sierra Leone's capital, to promote her new store and company, Aschobi Designs. "In the same way that Versace stands for Italy,... I want Aschobi to stand for African fashion," she said. REUTERS

Style

Club Monaco's chic new petal pushers

This fall is shaping up to be the season of statement jewellery. Paying homage to its Canadian roots, Club Monaco, the New York-based retail chain, has issued a collection of cuffs, charm bracelets and necklaces with the fleur de lys symbol. The stylized lily flower symbol, long associated with the French monarchy and Quebec, makes for a charming detail on accessories. Perfect for down-on-their-luck aristocrats with loads of style but low on cash. From $149 to $279. Left: Fleur De Lys chain and beads with charm, $79. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Preppy is back

Style File

Kim Elbo
kim.elbo@metronews.ca

ask kim

I want to buy makeup lines like Cargo, Kevin Aucoin and Stilla. Do you know any place in Delta that carry these lines? - Simone, Delta

Try shopping online at *sephora.com* or *beautymark.ca;* they ship all across Canada.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

preppy knits

The preppy look is back in sweaters. Short sleeve sweaters adorned with bows, crescents and stripes are what you'll be seeing in stores this fall. Look out for prep sweaters in the not so usual colours of pink, blue and purple. Try the look with a blazer or a tailored skirt then complete it with a pair of mary jane shoes, like the Lizza shoe in black or gunmetal by Coach.

fall bags

Berry picking season is over but berry-coloured bags are everywhere. Think of under- or over-ripened sweet berry colours of deep purples, blues and even magentas.

accessory

Try out some of fall's hottest cool colours. $10 O.P.I Available at most professional salons across Canada.

Stripes
Designer: Joe Fresh
Shop: Superstore
Address: Various Locations
joe.ca

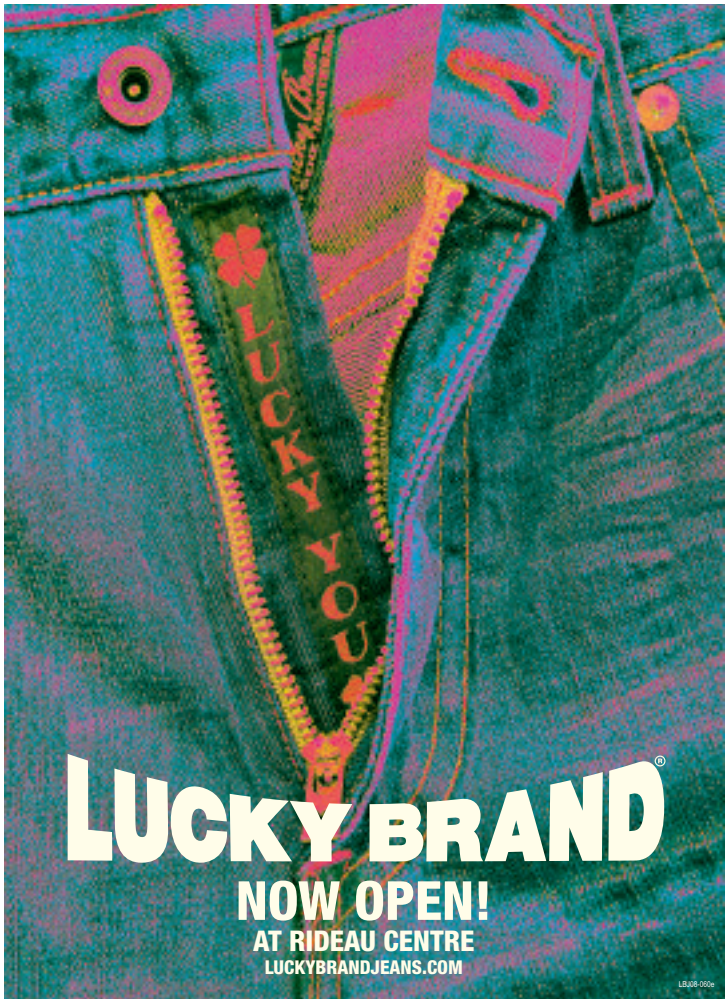
Bow
Designer: BB Dakota
Shop: Front & Company
frontandcompany.ca

Polo Preppy
Designer: Fred Perry
Shop: Gravity Pope Tailored Goods
gravitypope.com

Messenger Bag
Designer: Matt & Nat
Shop: Spank
Address: Various Locations
spankclothing.ca

Shoulder Bag
Designer: m0851
Shop: m0851
m0851.com

Hand Bag
Designer: Andrea Brueckner
Shop: Kiss & Makeup
kissandmakeupstore.com



The simplest beauty tool

Celebrity makeup artist touts the Q-Tip

AMANDA TRUSCOTT
for Metro Canada

Celebrity makeup artist Korby Banner says his favourite tool for creating flawless, natural-looking makeup is a Q-Tip.

Banner, who has created looks for a galaxy of A-listers including Jennifer Lopez, Keira Knightley and Angelina Jolie, can be seen dabbing the little cotton-tipped sticks on the faces of ordinary women on the W Network's Style By Jury.

"Some people use them for removal and speckles and stuff, but I always use them for application because they're the perfect little beauty tool," he explains.

They're precise, versatile and hygienic, he says. And, he adds, "They're a great way to not pollute colours."

To avoid the chalky look of overall liquid foundation, Banner puts a little concealer on a Q-Tip to paint out flaws, then sweeps a light bronzer over his model's face for a soft glow. "It fills in the pores and blends out the colour," he explains.

Also, using a Q-Tip instead of placing the concealer stick directly on skin helps to avoid contaminating the tube with bacteria from blemishes, he says.

KORBY BANNER PHOTO

Q-Tips are a precise, versatile and hygienic beauty tool, celebrity make-up artist Korby Banner says.

For a soft summer look, Banner starts by rubbing a Q-Tip in a shimmery highlighter and brushing it over the brow bone and below the crease of the eyelid. He also draws a little "M" with the highlighter over the cupid's bow of the top lip to create a more defined pout.

Then, he wets a Q-Tip, twists it to a point, dips it in black cake eyeliner, and sweeps it along the base of the lashes. Next, he wets the other end and blends the line.

He dips a Q-Tip in brownish plum shadow and brushes it below the crease of the eyelid and along the bottom lashes. He fluffs the other end into a dome shape and uses it to dust a softer shade of plum over the entire lid, right up to the brow bone.

He also uses Q-Tips to fill in eyebrows. In fact, Banner says the only things he doesn't use Q-Tips for are mascara and blush.

For lips, he twirls a Q-Tip over lipstick, paints it on, and then wipes the excess colour with the clean end for a lasting tint. "The look for lips is very nude right now," he says.

"Some people use (Q-Tips) for removal and speckles and stuff, but I always use them for application because they're the perfect little beauty tool."
Korby Banner, make-up artist

McCartney to play Israel 43 years after ban

Sir Paul McCartney is to play a concert in Tel Aviv on Sept. 25 — 43 years after being banned from performing in Israel with the Beatles, with the government fearing they would corrupt young fans. BBC NEWS ONLINE

Entertainment

Borrowed rights

Hilary Swank, along with producing partner Molly Smith, has acquired the rights to adapt Emily Giffin's New York Times Best Seller, Something Borrowed, to the big screen. TVGUIDE.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Winfrey top talk-show earner

Winfrey

TV No one comes close to rivaling Oprah Winfrey as the highest paid talk-show personality, imdb.com reports.

In the latest Forbes magazine list, Winfrey holds the top spot with $275 million US a year, nearly four times the amount that the second person on the list, radio shock-jock Howard Stern, earns each year ($75 million).

Third place wound up in a tie between David Letterman and Judge Judy Sheindlin, who each earned about $45 million, while Dr. Phil McGraw rounded out the Top 5 with $40 million.

Original 90210 stars make up

TV The original 90210 kids long since left high school, and apparently they've left the old high-school drama behind, too, People.com reports.

Shannen Doherty, the most notoriously difficult member of the original cast, says things are positively pleasant between her and Jennie Garth on the set of the new 90210.

"There was almost a comfort in knowing that I was getting to work with somebody who had been on the original with me and gone through the same experiences," she told Radar magazine.

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Verve return near perfect

The Verve

Album: Forth
Label: Parlophone/EMI
Rating: ⊕⊕⊕⊕

THE VERVE RETURNS after a decade away with a near-perfect album of passive-aggressive Brit-rock. The synth hook on Love Is Noise is clever enough to make some waves on the pop charts, but not quite strong enough to break The Verve free of the radio bondage of its signature hit, Bitter Sweet Sympony. But that's OK. The last thing we want is for The Verve to morph into another Coldplay. The strength of this record is its battle between anthemic pop-rock (Love Is Noise, Sit And Wonder, Rather Be), psychedelic gentlity (Valium Skies, Judas) and brain-snatching extended freaks (Noise Epic, Numbness, Columbo). Graham Rockingham

Hawksley Workman

Album: Los Manlicious
Label: Isadora/Universal
Rating: ⊕⊕⊕

DESPITE THE QUESTIONABLE cover art – picture a bald Hawksley Workman lying in water – and the odd title, the Toronto singer-songwriter's tenth disc might be his best in years. On Los Manilicous, Workman delivers an eclectic mix of gritty tunes that jumps from Big Sugar-like sounds (When You Gonna Flower) to Hot Hot Heat (Kissing Girls) and straight-up radio friendly rock (Loney People). While some might be put off by all the genre-hopping, the tunes are infectious enough to put the fading Canadian songwriter back on the map. Bryan Borzykowski

Album Reviews

music@metronews.ca

The Verve have returned with new album Forth, now in stores.

The Game

Album: LAX
Label: Geffen/Universal
Rating: ⊕⊕⊕

A GUEST LIST featuring Lil Wayne, Ice Cube and Nas, among others? Impressive. Excessive name-checking? Not so much. Some punchy nods to classic gangsta-rap, cinematic R&B grooves and all bookended by the fiery gospel according to DMX? Impressive. World-out-to-get-me diatribes that come across tired and desperate? Not so much. Ian Nathanson

Matthew Sweet

Album: Sunshine Lies
Label: Shout Factory
Rating: ⊕⊕⊕

IF THERE'S ANYONE you can count on to deliver crisp, succinct power pop it's Matthew Sweet. The guitar slinger made it big in 1991 with hit song Girlfriend and released a number of solid albums after that. Sunshine Lies harkens back to Sweet's best songwriting days — the disc is full of fun, upbeat rock, perfect for those nostalgic for the '90s. Bryan Borzykowski

primetime

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/28/08	265	353	2	TVO	Super Rigs		The View From Here		New Tricks		Simon Schama's Power of Art		View From Hr
	211	331	3	GTV	ET Canada	Entertainment	Big Brother 10 (Live)		Beverly Hills, 90210		Beverly Hills, 90210		News (N)
	-	-	5	SRC	Des squelettes	Gars fille	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal (SC)		TJ Ontario
	209	342	6	CHRO	Grand Star	Degrassi: Next	The Moment of Truth		The Moment of Truth		Stargate SG-1		News (N)
	196	311	7	CTV	eTalk	Jeopardy!	CSI: Miami		CSI: Crime Scene Invstgtn.		Flashpoint		News (N)
	208	303	8	CBC	Coronation St.	Who Do-Think	jPod "Fine China" (DVS)		Chocolate Confidential		CBC News: The National		The Hour
	-	360	9	NBC	NFL Preseason Football Jacksonville Jaguars at Washington Redskins. (HDTV) (Live)						Democratic Convention		News (N)
	117	713	10	TVA	*Docteur Jerry et Mister Love* ★★★ (1963, Comédie)				Héros "Dans cinq ans" (HDTV)		TVA 22 heures	Sucré-salé	*8 Mile* (2002)
	-	-	11	QS	Avec Albert	Campings	*L'Ombre blanche* ★ (1996, Action) Steven Seagal.				Cent dix pour cent (SC)		Journal du soir
	137	763	12	TFO	Panorama	Frontières	Esprit	Esprit	*Capitaine Conan* ★★★ (1996, Guerre) Philippe Torreton.				(11:05) Volt
	-	362	13	CBS	(6:30) NFL Preseason Football Detroit Lions at Buffalo Bills. (Live)					The Insider (N)	Democratic Convention		Two/Half Men
	216	395	14	OMN2	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
	214	344	15	CITY	(6:30) NFL Preseason Football Detroit Lions at Buffalo Bills. (Live)						Battlestar Galactica		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Zoe Busiek: Wild Card		*Hush* (2005, Suspense) Tori Spelling, Tahmoh Penikett.				News (N)
	-	361	20	ABC	News (N)	Entertainment	Ugly Betty (HDTV)		Grey's Anatomy		Democratic Convention		News (N)
	512	396	24	CPAC	(5) Congrès national du parti démocrate Couverture du congrès national du Parti démocrate des États-Unis.								À la une
	651	355	25	CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street (N)		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	The Moment of Truth (N)				News (N)		News
	-	-	64	PBS	Business Rpt.	Travelscope	Democratic National Convention Democratic National Convention from Denver.						Tavis Smiley
	205	312	104	CTV	Hollywood	eTalk	CSI: Miami		CSI: Crime Scene Invstgtn.		Flashpoint		News (N)
news	502	390	26	NW	CBC News	Our World	The Hour		CBC News: The National		Democratic Convention		National
	500	500	33	CNN	(6) Democratic National Convention Democratic National Convention from Denver.								
	406	417	27	net	MLB Baseball Toronto Blue Jays at Tampa Bay Rays. (HDTV) (Live)						Sportsnet Connected (Live)		NFL Football
	126	730	28	RDI	RDI en direct sur l'actualité		Grands reportages NSA. (SC)		Le Téléjournal (SC)		Convention	Le National	Le Téléjournal
sports	400	280	30	TSN	U.S. Open Tennis Second Round. (HDTV) From the USTA National Tennis Center in Flushing, N.Y. (Live)								SportsCentre
	410	403	52	SCR	Stump-Schwab	Stump-Schwab	Poker Aussie Millions		Hardcore Champ. Fight		Score Tonight		Stump-Schwab
	411	457	56	OLN	Videos	Videos	Pilot Guides Specials		Word Travels	Stranded: With	Departures "Thailand"		Pilot Guides
	417	406	59	SC	Pinks (HDTV)	Pass Time	Pinks -- All Out		Pinks -- All Out (HDTV)		Wrecked (N)	Wrecked	Pinks (HDTV)
family	554	544	48	TEL	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	*Batman Beyond: Return of the Joker*		
	557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
	570	580	29	MM	mmmtop	Back In	Canadian Idol Top four.		Canadian Idol	Where You At	I Want to Work for Diddy		Party of Five
	615	520	31	A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Jacked: Theft	Jacked: Theft	Crime 360
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		TNA iMPACT! (N)				Unleashed
	521	560	34	TLC	LA Ink (HDTV)		Overhaulin' (HDTV)		American Chopper		Street Customs (HDTV)		Overhaulin'
	145	761	35	TV5	Toute une histoire		On n'est pas couché				Partir	Design	Journal TV5
	616	521	39	SHO	ReGenesis "The Trials"		Intelligence (DVS)		G-Spot	Exes & Ohs	Secret Diary	Secret Diary	House
	620	523	40	BVO	From the Spirit	In the Mind ...	*Restoration* ★★★ (1995, Drama) Robert Downey Jr., Sam Neill.					Cleveland	Law & Order
	520	505	42	DIS	Daily Planet (N)		Mammals vs. Dinos		Mammals vs. Dinos		MythBusters		Daily Planet
	575	583	43	CMT	Totally "Shania Twain"		Karaoke Star "Winnipeg, MB"		Reba	Hope & Faith	Home Improve.	Roseanne	Karaoke Star
	601	562	45	SLC	End of Leash	Til Debt-Part	Rich Bride, Poor Bride		Last 10	Bulging Brides	The Biggest Loser		Rich Poor
	625	548	46	COM	Air Farce	22 Minutes	Laughs	Rick Mercer	The Simpsons	South Park	Reality Bites	S. Silverman	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	Friends	Friends	*The Juror* ★★ (1996, Suspense) Demi Moore.				Seinfeld
	600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes "Gut Ache"		The Fix	Disaster DIY	Junk Brothers	The Big Flip	Holmes-Homes
	627	528	50	SPC	Stargate SG-1 (DVS)		Star Trek: Voyager		*Recon 2020: The Caprini Massacre* (2004), Kevin Kelsall				Stargate SG-1
	581	566	53	MTV	Cribs	After	Canada's Next Top Model		The Hills	Super Sweet	Exiled	MTV Presents	MTV Live
	618	524	54	TROP	Inside Hollywood		ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	522	506	55	HIS	NCIS "The Immortals"		Death on the Eastern Front		Death on the Eastern Front		NCIS "The Immortals"		Crime Stories
	129	773	60	CD	Biographies "Michel Bergeron"		Dossiers justice (HDTV)		Dossiers FBI "Le Tireur"		Autopsie		Images-chocs
	261	394	61	V	Murder, She Wrote		Fun-Funeral	Keeping Up	*Carousel* ★★★ (1956, Musical) Gordon MacRae, Shirley Jones.				
	602	567	62	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Open House	Save Us-House	House
	269	350	70	APTN	Overseas Leg.	From the Spirit	Canadian Geographic		Reel Insights Sled-dogs.		The Mix	Cowboy C'try	Sharing Circle
	621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	Katie & Peter: Next Chapter		The Tonight Show-Jay Leno		eTalk
	603	561	95	FN	Boy Grill	Licence to Grill	Restaurant Makeover		Unwrapped	Unwrapped	Secret Life of	Secret Life of	Ace of Cakes

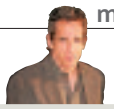
critics'corner

Batman Beyond: Return of the Joker

In the darker style of the "Batman Beyond" series, this 2000 direct-to-video movie has Terry, Bruce Wayne's successor, confronting the Joker after the evil mastermind nearly kills Wayne. Voices include Will Friedle, Kevin Conroy, Mark Hamill, Dean Stockwell, Angie Harmon, Teri Garr, Mathew Valencia and Arleen Sorkin. 10 PM on 48 TEL

Ugly Betty

Remember Gina, the Suarezes' former neighbor and nemesis? She's back, married to a doctor and eager to torment Hilda (Ana Ortiz) with her wonderful new life. Betty (America Ferrera) faces another difficult woman at work: Renee (Gabrielle Union), who's convinced Betty is trying to steal Daniel (Eric Mabius) from her. Ava Gaudet returns as Gina in "Burning Questions." 8 PM on 20 ABC



Much ado about Stiller

Ben Stiller will be honoured for his contribution to Hollywood in New York on Nov. 12. The actor/director is this year's honouree for the Museum of the Moving Image's 24th annual black-tie salute. IMDB.COM

Celebrity Buzz

Sheridan, Bolton split

BREAKUP Nicollette Sheridan and Michael Bolton are again going their separate ways, People.com reports.

"Nicollette Sheridan and Michael Bolton have amicably ended their engagement," said Nicole Perna, a rep for the actress.

"They appreciate your respect for their privacy in this matter."

The couple's relationship originally started in 1992, and lasted for five years.

The musician, 55, and the Desperate Housewives star, 44, resumed seeing one another in 2005.

In March 2006, they announced their wedding engagement.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Here's some sexy advice, guys: Shut up

RELATIONSHIPS Victoria's Secret stunner Adriana Lima may be off the market, thanks to her engagement to Minnesota Timberwolves Marko Jaric, but she's still offering tips on how a fella can land his very own angel, the New York Daily News reports.

"Be yourself," Lima told the newspaper in an interview.

"And don't talk about yourself too much. That's not sexy."

So no talking about, say, owning your own private plane?

"No," Lima said with a laugh.

"Don't tell me about your jet.

"I'm not interested."

METRO NEWS SERVICES

celebrity brief

Hudson defends self over lawsuit

IN COURT Kate Hudson has fired back at claims she stole the idea for a line of hair-care products, imdb.com reports. The actress was named in a lawsuit which suggests she took a sample given to her by bosses at 220 Labs and created her own line with it with David Babaii. A spokesperson for the actress denies the claims: "Kate does not know the plaintiffs."

METRO NEWS SERVICES

Aguilera wants another

FAMILY Christina Aguilera wants another baby, femalefirst.co.uk reports.

The singer, who gave birth to her first child, Max Liron, in January, revealed she and husband Jordan Bratman hope to add to their brood because they love parenthood so much.

"It is the best thing you will ever do in your life," she said. "It just lights up my whole world when Max laughs. "Being a mother just gives you a whole new sense of purpose, and it's just the most amazing thing. I was in awe of the entire experience of pregnancy — the entire journey was just incredible."

METRO NEWS SERVICES

celebrity brief

Tyler sisters met at Aerosmith gig

FAMILY Model-turned-author Mia Tyler had no idea actress Liv Tyler was her half-sister when the pair first met at an Aerosmith concert, imdb.com reports.

Neither girl had been told of the other's existence, but they instinctively knew they were connected after meeting backstage at one of their father Steve Tyler's shows.

Mia, who was eight at the time, recalls, "There was this girl who looked like me. I went home that night and I couldn't stop talking about her, and my mom was like, 'Wait a minute …' and I think she started putting two and two together and she was like, 'That's your sister.'"

The Tyler sisters have been inseparable ever since, and are now helping each other cope with single life — Mia recently split from fiance Brian Harrah, while Liv is divorcing with Royston Langdon.

METRO NEWS SERVICES

Lohan's daddy is fed up with Ronson relationship

SOUNDING OFF Lindsay Lohan's father Michael has slammed his daughter's rumoured girlfriend Samantha Ronson over reports she is to write a tell-all book about her life with the actress, imdb.com reports.

Lohan and Ronson have been close friends for several years and are now said to be in a romantic relationship.

Now Ronson is reportedly set to reveal intimate details of her life in a new tome.

"She's certainly telling friends she's planning to write a book," a source says. "It's supposed to be about her, allegedly. But come on, you know Lindsay will be all over that book. She's the only one people want to read about."

The rumours have infuriated Lohan's father, who claims the DJ is just using his daughter to get her own slice of fame.

"I've shut up about this long enough," he says. "She's using my daughter. People never even knew who Samantha Ronson was until she met Lindsay. She was just some Los Angeles DJ. And now she's writing a book?

"I am at wit's end with this stuff. This is not in Lindsay's best interest. Let's just say I hope Lindsay starts opening her eyes and realizes who the people using her are."

METRO NEWS SERVICES

celebrity brief

Kate Moss sure can be a tricky mom

PARENTING Supermodel Kate Moss tricks her daughter into eating her vegetables by bribing the five-year-old with designer hand-me-downs, imdb.com reports.

Moss admits she "blackmails" Lila Grace, whose father is magazine editor Jefferson Hack, into finishing her dinner by promising her access to her wardrobe.

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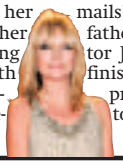
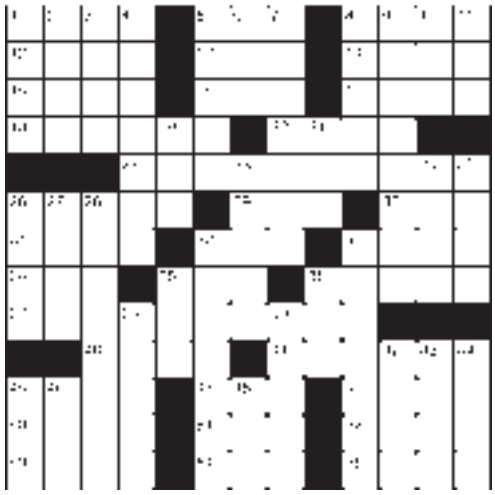


Another Trudeau
eTalk Quebec correspondent Sophie-Gregorie Trudeau and her husband Justin Trudeau are expecting their second child. Gregoire-Trudeau says she is four months pregnant. The couple has a 10-month-old son. ETALK

Take Five



Crossword down

1 Resorts international?
2 Post-bath application
3 Vicinity
4 Glitch-causing gnome
5 Piece of parsley
6 "I thought so"
7 Cratchit kid
8 Ledge
9 Obliterated
10 Dadaist Jean
11 "Absolutely"
19 Brooch
21 "You've got mail" biz
23 Part of Hispaniola
24 Puncturing tools
25 Bigfoot's cousin
26 Trudge (on)
27 Old Italian coin
28 Food of the gods
32 Putting a whammy on
33 Pirate's weapon
35 Firmament
36 With 37-Across, Batman
38 Final bell?
39 Spirit
42 Tittle
43 Monad
44 No more than
45 Foundation
46 Rd.
48 Payable

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Crossword across

1 Unescorted
5 Weekend abbr.
8 Convince
12 Henry VIII's sixth wife
13 — Beta Kappa
14 Employ
15 Out of the storm
16 Operated
17 Omar of "House"
18 Shrimp recipe
20 Harvard rival
22 Sunrise
26 Unembellished
29 Have a bug
30 Have a balance
31 Describe
32 Muppets creator Henson
33 Fervent following
34 Scepter topper
35 Take a chair
36 Rwandan people
37 See 36-Down
40 Cameo stone
41 Balloon fill
45 Diamond corner
47 Altar affirmative
49 Highly rated
50 Satan's forte
51 Greek consonants
52 Use a teaspoon
53 Transaction
54 Understand
55 Fill till full

previous day's answer

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A neutral party will reconcile combatants. An astonished associate has a bizarre escapade. A witness will respond to rumours.

TAURUS
APRIL 21-MAY 21
Your perspective will dissolve monumental obstacles. A caller will need medical attention. Refuse to regret having a heart-to-heart chat.

GEMINI
MAY 22-JUNE 21
Hasty words will lead to a thrilling predicament. Unconscious urges will ensnare a woman. A practical associate will give a surprising invitation.

CANCER
JUNE 22-JULY 22
Don't pretend that all is well. A co-worker settles into a more stable routine. Get a strong grip on your self-control.

LEO
JULY 23-AUG 23
A vicious woman's hostility brings good fortune. Having your flaws pointed out leads to insights. Put off a demand for the repayment of a loan.

VIRGO
AUG 24-SEPT 22
A rude person will take sides in a dispute. A disorderly guy is chasing after greater pleasures. A business upswing sets plans in motion.

LIBRA
SEPT 23-OCT 23
Someone will escape from a dangerous place. Stand firm on your principles. A bashful person will keep things in line.

SCORPIO
OCT 24- NOV 22
A mature friend meets the challenge of depression. Remain calm and reflect on a revelation. A woman will exceed your expectations.

SAGITTARIUS
NOV 23- DEC 21
A colleague will give you a reward. Anxiety about a job makes for a perplexing message. A religious man is unbelievably optimistic.

CAPRICORN
DEC 22-JAN 20
Don't discuss improper info with a fumbling bureaucrat. Your temper flares, but don't give into it. A feisty woman will have a late bedtime.

AQUARIUS
JAN 21-FEB 18
A man questions the meaning of life. Favourable acts take place in the dark. An arrogant person has a major impact on your decisions.

PISCES
FEB 19-MAR 20
A difficult man will raise complaints. If you let your defenses down, a visit will be fun. Go out for a while when trouble disturbs your plans.

This day in history

AUG. 28, 1963: During a 200,000-person civil rights rally in at the Lincoln Memorial in Washington, D.C., Martin Luther King, Jr. gives his famous I have a dream speech.
AUG. 28, 1964: The Philadelphia race riot begins.
AUG. 28, 1968: Riots erupt in Chicago, Ill., during the Democratic National Convention.
AUG. 28, 1982: The first Gay Games are held in San Francisco.
AUG. 28, 1988: Three aircraft of the Frecce Tricolori demonstration team collide and fall into the crowd where 75 are killed and 346 are seriously injured as part of the Ramstein airshow disaster.
AUG. 28, 1990: Iraq declares Kuwait to be its newest province.
METRO NEWS SERVICES

Sudoku

	9	3					5	
7					4		9	
2			9		7	8		
	1			9		7		4
5		2		1			6	
		8	2		9			6
	7		6					5
	2					9	3	

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

1	6	3	8	4	7	9	2	5
7	9	5	3	2	1	6	8	4
4	2	8	9	6	5	1	7	3
2	8	7	4	1	9	3	5	6
6	4	9	5	3	8	2	1	7
3	5	1	6	7	2	4	9	8
5	1	4	2	8	6	7	3	9
9	7	6	1	5	3	8	4	2
8	3	2	7	9	4	5	6	1

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

more games metronews.ca

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Ottawa weather

Afternoon	Tonight	Friday	Saturday	Sunday
Variable. 27°	Partly cloudy. 15°	Rain. 18°/15° 80%	Partly cloudy. 22°/13°	Sunny. 25°/13°

The Weather Network theweathernetwork.com

Temperature
Normals
High: 24.6°
Low: 13°

Records
High: 35°/1953
Low: 3.8°/1986

Sunrise: 6:19 a.m.
Sunset: 7:46 p.m.
Moonrise: 3:25 a.m.
Moonset: 6:45 p.m.

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